

NORFOLK TRC PRESENTS

INAUGURAL HALLOWEEN 5K



RUN • WALK • ROLL

OCTOBER 11, 2014 @ 9:00 AM

Therapeutic Recreation Center • 180 E. EVANS STREET, NORFOLK, VA

The 5-kilometer (3.1 mile) loop course starts and finishes at the Norfolk Therapeutic Recreation Center. Early-bird registration (\$15/person) available until Oct 1st. Regular and race-day registration is \$20. Registration will close at 8:30a on October 11th. T-shirts will be given out the day of the race. This race is open to "EVERYONE!" Come run, walk or roll and wear your best costume! Bring your friends, family and neighbors. Awards will be given to top three times in each age group and to the best costume! Awards and light refreshments will be served preceding the race. For more information and registration forms, email: kaitlyn.touhey@norfolk.gov or call 757-441-1764.

NORFOLK THERAPEUTIC RECREATION CENTER PRESENTS INAUGURAL HALLOWEEN 5K



Saturday, October 11

9:00a

Therapeutic Recreation Center

180 E. Evans St, Norfolk, VA



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OFFICIAL RACE ENTRY FORM

Name _____ Date _____ Male ☐ Female ☐

Address _____

Phone Number _____ Shirt Size: ☐ S ☐ M ☐ L ☐ XL ☐ 2XL

Age group: ☐ Under 12 ☐ 13-19 ☐ 20-29 ☐ 30-39 ☐ 40-49 ☐ 50-59 ☐ 60 & Better

Hand deliver or mail entry to: Norfolk Therapeutic Recreation Center, 180 E Evans St. Norfolk, VA 23503

Only check or money orders payable to: Norfolk City Treasurer

ENTRY FEE ENCLOSED: \$ _____

For more information, email: kaitlyn.touhey@norfolk.gov

RACE WAIVER - PLEASE READ AND SIGN TO PARTICIPATE

I know that running a road race is a potentially hazardous activity. I should not participate unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the event. I assume all risks associated with running this event, including, but not limited to, falls, contact with other participants, the effects of weather, traffic, and conditions of the road, all such risks being known and understood by me. Having read this waiver and knowing these facts and in consideration of accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Norfolk Therapeutic Recreation Center, sponsors and agencies and municipalities, their representatives, and successors for all claims or liability of any kind arising out of my participation in this event. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

Signature of race participant

Signature of parent/guardian of race participant under 18

For more information, call (757) 441-1764.